

Facts, Tips & Resources for Caregivers

Caregiver Facts

- 30% of family caregivers caring for seniors are themselves aged 65 or over. (Source: U.S. Department of Health and Human Services)
- The average out of pocket cost of caring for an aging parent or spouse is \$5,500 a year. (Source: New York Times, November 19, 2007, *Study Finds Higher Cost for Caregivers of Elderly*)
- Family caregivers experiencing extreme stress have been shown to age prematurely. This level of stress can take as much as 10 years off a caregiver's life. (Source: Proceedings of the National Academy of Sciences, Dec 7, 2004)

Take Care of Yourself!

- If you feel "burned out" or "stressed out," don't delay in getting professional help if you need it.
- When people offer to help, accept the offer and suggest specific things that they can do.
- Seek support from other caregivers. There is great strength in knowing you are not alone.
- The Virginia Caregivers Grant Program provides for an annual grant up to \$500 for individuals who provide unreimbursed care for a relative who has a mental or physical impairment.

Resource Guides

- *Counting on Caregivers* A Resource Guide for Professionals Serving the Elderly and Disabled
Contact Campbell County DSS @ 434-332-9585 to request a copy or visit
<http://www.co.campbell.va.us/depts/socialservices/Pages/index.aspx>

Caregiver Websites

The following websites provide helpful information for caregivers:

- National Family Caregivers Association (www.nfcacares.org)
- Family Caregiver Alliance (www.caregiver.org)
- Senior Navigator (www.SeniorNavigator.org)
- Family Caregiving 101 (www.familycaregiving101.org)
- VDSS Caregivers Grant Program (<http://www.dss.virginia.gov/family/as/caregiver.html>)